

Competing with Character

Skills for Players

LISTEN TO YOUR COACHES

Stop what you are doing.
Look at the coach.
Make an effort to concentrate.

GET ALONG WITH YOUR TEAMMATES

Make positive comments to teammates; avoid negative comments.
Ignore any irritating behavior; don't escalate a situation.
Remember that you are all here for a common goal.

FOLLOW YOUR COACHES' INSTRUCTIONS

Listen the entire time your coach is giving instructions.
Do what your coach says, immediately and with energy.
If you don't understand, raise your hand and ask.

EXHIBIT HIGH ENERGY

Do everything to the best of your ability.
Hustle, don't walk.
Stay on task, and avoid horseplay with teammates.

BE PREPARED FOR PRACTICE AND GAMES

Be on time.
Pack equipment ahead of time.
Double check before leaving.

RESPECT YOUR OPPONENT

Don't use any trash talk or gestures.
Play within the rules.
Ignore any unsportsmanlike behavior from your opponent.

WIN WITH CLASS AND LOSE WITH DIGNITY

Congratulate your opponent, whether you win or lose.
Don't brag or boast when winning; don't criticize or make excuses when losing.
Take a lesson from both winning and losing.

RESPECT FACILITIES AND EQUIPMENT

Use facilities and equipment in the way they were intended.
Pick up after yourself and teammates.
Report any damage to the coach.

HANDLE DISAPPOINTMENT AND ADVERSITY

Avoid negative outward displays, both physical and verbal.
Learn from the situation.
Work harder.

ACCEPT COACHING

Understand that coaching makes you better.
Follow the coaches' instructions without hesitation or talking back.
If you feel frustrated, express your concerns to the coach at an appropriate time.

Skills for Parents

HAVE YOUR CHILD ARRIVE ON TIME AND WITH PROPER EQUIPMENT

Make a list of dates, times, and equipment.
Help your child share the responsibility.
Notify coaches if there is a problem.

SUPPORT THE COACHES

Avoid negative talk.
Ask if there is anything you can do.
Tell them thanks.

VOICE CONCERNS APPROPRIATELY

Avoid voicing concerns after a game or contest.
Remain calm, and use an appropriate tone of voice.
State your concerns, listen, and have an open mind.

PRAISE YOUR CHILD AND OFFER COMPLIMENTS

Look for the positive.
Aim for a 3-to-1 ratio of positives (praise and compliments) to negatives (criticism).
Make connections between appropriate behavior and desired outcomes.

MODEL APPROPRIATE BEHAVIOR AT ATHLETIC CONTESTS

Cheer for your team, not against your opponent.
Don't approach game officials; they're off limits to you.
Don't criticize the referees' decisions.

EMPHASIZE EFFORT AND ENJOYMENT OVER WINNING AND ACCOMPLISHMENTS

Avoid conversations concerning "how many" or "how much."
Try not to draw comparisons between your child and another.
Be empathetic immediately after contests.

USE APPROPRIATE MEANS TO SOLVE PROBLEMS YOUR CHILD HAS WITH COACHES

Stay neutral, and avoid making negative comments about the coach.
Practice with your child how to advocate for him/herself with the coach.
Support the coaches' right to make decisions.

For additional instructions and handouts related to this activity, visit www.character.org.

SOURCE: Boys Town High School